

KEY STAGE 1
Elements of the Framework for Personal, Social and Health Education and Citizenship
that are addressed through the Social, Emotional Aspects of Learning (SEAL) Programme

1. Developing confidence and responsibility and making the most of their abilities

Pupils should be taught:	New beginnings	Getting on and falling out	Say no to bullying	Going for goals	Good to be me	Relationships	Changes
a to recognise what they like and dislike, what is fair and unfair, and what is right and wrong	√	√	√			√	
b to share their opinions on things that matter to them and explain their views	√	√	√			√	√
c to recognise, name and deal with their feelings in a positive way	√	√	√	√	√	√	√
d to think about themselves, learn from their experiences and recognise what they are good at	√	√	√	√	√	√	√
e how to set simple goals	√	√	√	√	√		√

2. Preparing to play an active role as citizens

Pupils should be taught to:	New beginnings	Getting on and falling out	Say no to bullying	Going for goals	Good to be me	Relationships	Changes
a to take part in discussion with one other person and the whole class	√	√	√				√
b to take part in a simple debate about topical issues							
c to recognise choices they can make, and recognise the difference between right and wrong	√	√	√			√	√
d to agree and follow rules for their age group and classroom and understand how rules help them	√		√			√	
e to realise that people and other living things have needs, and that they have responsibilities to meet them	√						
f that they belong to various groups and communities, such as family and school	√						√
g what improves and harms their local, natural and built environments and about some of the ways people look after them							
h to contribute to the life of the class and school	√	√	√		√		
i to realise that money comes from different sources and can be used for different purposes							

3. Developing a healthy, safer lifestyle

Pupils should be taught:	New beginnings	Getting on and falling out	Say no to bullying	Going for goals	Good to be me	Relationships	Changes
a how to make simple choices that improve their health and well-being							
b to maintain personal hygiene							
c how some diseases spread and can be controlled							
d about the process of growing from young to old and how people's needs change					√		√
e the names of the main parts of the body							
f that all household products including medicines, can be harmful if not used properly							
g rules for, and ways of, keeping safe, including basic road safety and about people who can help them to stay safe			√				

4. Developing good relationships and respecting the differences between people

Pupils should be taught:	New beginnings	Getting on and falling out	Say no to bullying	Going for goals	Good to be me	Relationships	Changes
a to recognise how their behaviour affects other people	√	√	√	√	√	√	√
b to listen to other people, and play and work co-operatively	√	√	√		√	√	√
c to identify and respect the differences and similarities between people	√	√	√		√	√	√
d that family and friends should care for each other	√	√	√		√	√	
e that there are different types of teasing and bullying, that bullying is wrong, and how to get help to deal with bullying			√				